



## Scallop Fettuccine Fra Diavolo:

Let's Cut the Prep!



under 20min



2 Servings

Scallop Fettuccine Fra Diavolo may sound fancy, but it doesn't have to take a professional or too much time in the kitchen to create this masterpiece. The trick to this speedy dish is fresh pasta! It's al dente in a matter of minutes, and we use our favorite hack, cooking the noodles directly in the sauce. It absorbs the flavor of the zesty sauce, plus no need to bring a pot of water to a boil.

## What we send

- ½ lb lasagna sheets <sup>1,3</sup>
- ¾ oz piece Parmesan <sup>7</sup>
- garlic
- ½ lb scallops <sup>2</sup>
- 1 pkt crushed red pepper
- 8 oz can tomato sauce
- ¼ oz fresh parsley
- 3 oz arugula

## What you need

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>
- balsamic vinegar (or red wine vinegar)

## Tools

- large skillet

## Allergens

Wheat (1), Shellfish (2), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 730kcal, Fat 28g, Carbs 85g, Proteins 35g



### 1. Cut fettuccine

Working in batches, stack **lasagna sheets**; use a sharp knife or kitchen shears to cut lengthwise into ¼-inch wide strips (like fettuccine). Cover with a damp paper towel to prevent from drying out. Set aside until step 4.



### 2. Prep ingredients

Coarsely grate **Parmesan**, if necessary. Smash **2 large garlic cloves**.



### 3. Sear scallops

Rinse **scallops** under cool running water, then pat very dry. Season all over with **salt** and **pepper**. Heat **2 tablespoons oil** in a large skillet over high. Add scallops and cook, without stirring, until well browned on one side, 1-2 minutes. Stir, then cook until just opaque and cooked through, about 1 minute more. Transfer to a plate.



### 4. Make sauce & cook pasta

Melt **1 tablespoon butter** in same skillet over medium-high heat. Add **smashed garlic cloves** and **¼ teaspoon crushed red pepper**. Cook, stirring, until fragrant, about 1 minute. Add **tomato sauce** and **½ cup water**. Bring to a simmer. Add **fettuccine** to sauce. Cook, stirring, until pasta is al dente and sauce is thickened, 2-3 minutes. Season to taste with **salt** and **pepper**.



### 5. Chop parsley

Coarsely chop **parsley leaves and stems**.



### 6. Dress arugula & serve

In a medium bowl, drizzle **arugula** with **oil** and **vinegar**; toss to combine. Season to taste with **salt** and **pepper**. Serve **fettuccine** topped with **scallops, parsley** and **Parmesan**. Enjoy!